

MEDIA RELEASE
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HOT TIPS FOR FUN RUNNERS WARMING UP FOR WINTER EVENTS

Winter is fun run season, when thousands of Australians participate in running events around the country to get some exercise and also raise funds for charity.

Fun runs are a great way to get active and make a difference, but for many people these events are a once-a-year experience with running.

Fitness First, Australia's experts in health and fitness, have some tips to help you prepare for this year's fun runs and get you across the finish line in one piece.

Michael Cunico, NSW Fitness Manager for Fitness First, says the best preparation for anyone starting a running program is to combine running with walking to build up your stamina and keep you motivated.

"Use work to rest ratios to your advantage - if you can only run for five minutes, run for five minutes then walk for five minutes," says Michael.

"After a week or two of training like this, shorten your walk to four minutes, then three minutes and very soon you'll be running with no rest at all."

Michael's other tips include:

- Find a friend. In the colder months especially, it's easy to miss a workout, but if you have someone else relying on you to be there, you will have a better chance of sticking to your training plan.
- Start your training early, not the week before the event. The earlier you start training, the more comfortable you'll be on event day. Training over 6-8 weeks before the big day is generally a good idea so you can build up your fitness and your strength.
- Be sure you include some interval work in your training. This will ensure you are prepared for any inclines in the event, where your heart rate will increase above your normal running level. Also, a handy way to train if you're time poor is to combine 1 minute of running/jogging with 1 minute of harder intensity running over a 20 minute period.
- If you're planning to run in an event such as the Blackmores Sydney Running Festival 4km or 9km events or the Sun Herald City2Surf, do some training on the actual course prior to event day so you're familiar with the flow of the course and prepared for any really challenging sections!
- Running long distances can also be muscle destructive. Have you ever seen a muscular marathon runner? If you're taking on a half marathon or a marathon, a full body weight training routine performed 2-3 times per week can keep this muscle damage to a minimum.
- Running long distances can place an enormous amount of stress on the body, particularly your joints. Discover the best ways for you to recover, ie massage, flexibility work, hot/cold showers to stimulate blood flow and assist in recovery. Remember to recover after the actual event as well - don't just go and celebrate your success, look after yourself.

- Cross training can provide a change and allow some recovery for some of the muscles constantly in use while running – for example, swimming vs running. However, Lance Armstrong became the best cyclist in the world by riding a bike not by going for a run. Adaptations to training are task specific - if you want to be a faster or better runner you have to run!
- On the day, don't get caught up in the excitement and the pace of everyone around you – you'll just burn out early or could injure yourself. Know your own pace and stick with it, drink plenty of water and listen to your body.

Running events coming up around Australia:

Sunday 9 August	Sun Herald City2Surf
Sunday 23 August	Brisbane Marathon
Sunday 30 August	SARRC Asics Adelaide Marathon
Sunday 30 August	Perth City To Surf
Sunday 20 September	Blackmores Sydney Running Festival
Sunday 11 October	St George Melbourne Marathon

Ends.

About Fitness First Australia

Fitness First is the market leader in the Australian fitness industry offering 91 clubs throughout New South Wales, Victoria, ACT, South Australia, Queensland and Western Australia, catering to over 400,000 members.

Further media information or interviews on running tips and training from Fitness

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